

Cardiovascular Health in Missouri



The heart of the matter...



Cardiovascular disease (CVD) is the number one killer of African Americans in Missouri. Over 1 in 4 African Americans will die of heart disease.

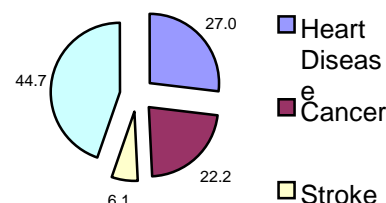


The statewide heart disease death rate in 2001 was 272.6 deaths per 100,000 population. For African Americans, the statewide heart disease death rate was 338.2 deaths per 100,000 population. Statewide, African American males have higher death rates than females. The highest death rate in the state for African Americans is in Pemiscot County, with a death rate of 643.6 deaths per 100,000 from 1992-2001.



Cerebrovascular disease (stroke) is the 3rd leading cause of death for African American males and females in Missouri. One in 17 African Americans will die of stroke. Mortality rates are higher among African American males.

MO African American Causes of Death, 2001



Major *modifiable* CVD risk factors: smoking, physical inactivity, unhealthy eating, obesity.



More than 1 out of every 4 African American adults in Missouri smoke. African American females are more likely to smoke than African American males.



Almost 2 out of every 5 African American adults in Missouri do not participate in any leisure time physical activity. African American females are more likely to be physically inactive than males. African Americans are becoming less physically active.



Only 1 out of every 7 African American adults in Missouri eat the recommended 5 daily servings of fruits and vegetables. African American males are less likely to eat their fruits and vegetables.



Almost 7 out of every 10 African American adults in Missouri are overweight or obese. Missouri ranks among the states with the highest rates of overweight and obesity. These rates are increasing among African American males and females.